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Blaze leaves local family homeless

FIRE A young family was left homeless on Thanksgiving Day after an early-morning fire damaged a house in Ottawa's South Keys district yesterday, causing $275,000 damage.

Firefighters were called to the blaze at the duplex at 3261 Southgate Road in the city's south end at around 2 a.m.

The family of three, including a seven-month-old baby, escaped without injuries.

Sixteen firefighters and 41 trucks managed to contain the fire to one side of the building.

Firefighters say the fire apparently started in a backyard shed then spread to the home.

The cause of the blaze remained under investigation yesterday.

One firefighter was taken to the hospital with minor injuries. The fire is still under investigation.

METRO OTTAWA

Entertainment pg 21

Lots to learn from nature

Sport pg 13

Feisty Rays rip Red Sox

Election 2008 pg 7

- **National Report by Lawrence Martin**

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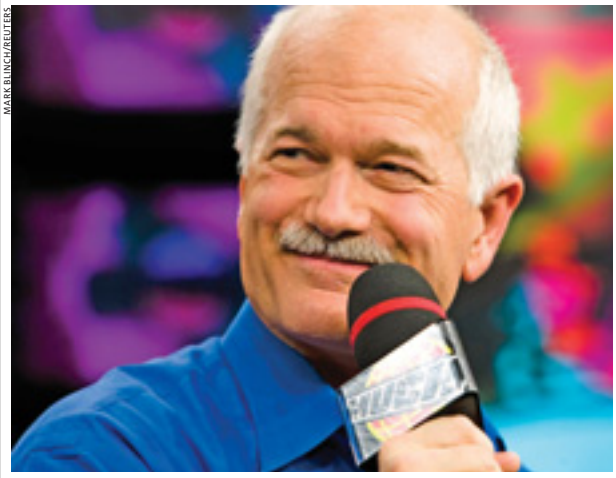
TONY BOCK/TORSTAR NEWS SERVICE

SHAUN BEST/REUTERS



MARK BLINCH/REUTERS

TORSTAR NEWS SERVICE PHOTO

Federal party leaders, clockwise from top left: Stephen Harper, Stéphane Dion, Elizabeth May and Jack Layton are all hoping to add seats in the House of Commons today.

Decision day dawns

War of words is finally over as Canadian voters head to polls today

Prime Minister Stephen Harper wrapped up on the West Coast a 37-day campaign marked by economic turbulence and sharp personal shots between rivals that continued to the end.

After a bigger rally in Vancouver earlier in the week, and a big, boisterous gathering on the East Coast earlier yesterday, Harper was greeted by smaller, but enthusiastic and pumped-up groups of supporters.

He came to boost his chances of a stronger minority government, if not a majority, when the final votes are counted in British Columbia tonight.

Election 2008

As in stops earlier in Fredericton, N.B., and Cornwall, P.E.I., Harper called Liberal Leader Stéphane Dion's Green Shift plan a "stubborn obsession."

He declared in Fredericton it would "wreck the economy," and hammered home the constant theme of "risk" versus "certainty."

As he did throughout the campaign, Harper, 49, framed the ballot question for voters in stark terms: "If you want a prime minister who will experiment with the Canadian economy, then give Mr. Dion a mandate to impose his carbon tax. If you want a prime minister who will protect the economy, then I ask you for a mandate."

The election of a Conservative minority today would set the stage for a possible showdown in Parliament if the Liberals were to band together with the NDP in a coalition designed to form a government and take power. But, in an interview with CBC-TV in St. Hubert, Que., yesterday, Dion wouldn't entertain any talk of a Liberal-NDP coalition.

"We are now at the finish line," an energetic, smiling Dion told supporters yesterday. "I will go from Atlantic to Pacific to send the message that, if we pull together, if we bring our vote together, everything is possible."

The NDP, which had 30 seats when Parliament was dissolved last month, got 17.5 per cent of the vote in the 2006 election and polls suggest they'll do slightly better this time around.

"Let's just say it is very rare that polls are the results on election day," Layton said yesterday.

Latest polls put support for the Green Party, led by Elizabeth May, as high as 11 per cent, compared with 4.5 per cent in the 2006 election.

TORSTAR NEWS SERVICE

Musical chairs?

When the House was dissolved on Sept. 7, the breakdown of seats was as follows:

- Conservatives — 127
- Liberals — 95
- Bloc Québécois — 48
- New Democrats — 30
- Independents — 3
- Greens — 1
- Vacancies — 4

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Man, teen in hospital after collision

A 41-year-old motorcyclist and his 13-year-old passenger remain in hospital today after a car rear-ended their motorcycle in rural east Ottawa late Sunday evening. The motorcyclist suffered serious head and critical back injuries. The 13-year-old boy also suffered back injuries. The driver of the car and his female passenger were hurt as well. METRO OTTAWA

Ottawa

Dangerous 'prank'

A "partially exploded" device inside a suspicious package damaged a mailbox on Dunrobin Road, city police reported on the weekend. While investigators believe the incident was intended as a prank, they say any device with the potential to explode is dangerous, despite the intention of the person placing it there. OTTAWA POLICE

Eat, drink, be wary in bad times

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

The Ottawa Mission hosted busier than usual Thanksgiving dinners yesterday, but while demand was high organizers don't think the recent economic uncertainty is behind the increase.

At least, not yet.

"I imagine it's going to take a little while, if it's going to trickle down to here, because we're fairly far down the chain," said Mission executive director, Diane Morrison.

The turmoil that has plagued world markets of late does more immediately threaten something the Mission relies on, though: Community donations.

"Our concern is that 55 per cent of our budget is donations. It all depends on what happens with people's stock … because they are the people that donate to us."

TIM WIECLAWSKI/METRO OTTAWA

John Miner, left, and Philippe Pimental raise their glasses during a Thanksgiving Day meal at the Ottawa Mission yesterday. With the help of nearly 200 volunteers, the city shelter served 2,576 meals yesterday — the most ever for a holiday.

Mike Martin, who has been homeless for a number of years and currently resides at the Mission, predicted that few of the clients enjoying their holiday dinner yesterday would be paying attention to the drama that's surrounding stock markets world wide.

"That's way out of their league. It's off their minds entirely," he said. "They don't worry about. They worry about their next meal or where they're going to sleep next."

Big meals like the Thanksgiving Day event that draws hundreds of volunteers and thousands of diners do help to lift morale a bit for people struggling with poverty issues, Martin said.

"A lot of people don't have much to be happy about. Some of them have lost their families and this is a very bad time of year for that," he said.

"For me it's hard. I've got kids and I'm not with them. That's hard."

Heather Auld was among the 120 volunteers serving meals yesterday. She said the friendliness and high spirits made it a really good experience

"There's a lot of smiling people here. Every one is having a good time," she said. "The people are so happy and they're always up for chatting. It's nice."

Volunteers during the Thanksgiving dinner included Ottawa Police Chief Vern White and Jim Watson, the provincial Minister of Municipal Affairs and Housing, who helped serve up 2,000 pounds of oven-roast turkey, 600 lbs of baked ham, 225 apple pies and 50 gallons of gravy, among other treats.

Riders robbed leaving bus

MUGGING Two men armed with knives robbed two commuters who had just stepped off an OC Transpo bus at Woodridge Crescent on Sunday night.

The robbery in Ottawa's Bayshore area happened at around 7 p.m. after the men were approached by three suspects armed with knives, who demanded money. The victims surrendered cash and their bus passes.

The suspects were last seen running through the Bayshore Mall parking lot.

All three suspects were young black men in their teens.

One had a large afro hairstyle and was wearing a green shirt and blue jeans. Another wore a black shirt with a logo and black pants, had cornrow type hair and spoke with a Jamaican accent. The third wore a black shirt with a Chicago Bulls logo, jeans and wore a do-rag on his head.

No injuries were reported. METRO OTTAWA

TODAY'S *question*

On Thanksgiving Day, for what can you say that you truly feel grateful?

MARIE REID
22
bank teller
I'm thankful that we live in Ottawa and had such beautiful weather for a day off. We biked downtown from Andrew Hayden Park.

STEPHANIE SMITH
26
nurse officer
I'm thankful we live in a democracy and that I have the freedom to vote, and that I have a good enough job to pay for food and I can live in a house and I feel safe when I'm walking down the street.

DANIEL SMITH
27
carpenter
I'm thankful for my girlfriend, who brought me to visit here from Australia. Everyone here is very nice and friendly. And I'm thankful for my family and health.

TIM WIECLAWSKI/METRO OTTAWA

CONTACT US:

E-mail your letters to: ottawaletters@metronews.ca. Metro reserves the right to edit all letters. Please include your name and contact information.

Candidates pitch voters to end

Sometime around 4 p.m. yesterday, Conservative Pierre Poilievre realized that he had just knocked on the last door of his campaign to be re-elected as MP for Nepean-Carleton.

After canvassing for over four hours yesterday, and visiting thousands of homes over the past month, the outcome had now been left in the hands of the voters.

"That was a bit of a surreal moment," he said, before heading to Thanksgiving dinner last night. "At this point, there is not much more I can do."

Federal candidates throughout the city were out in force yesterday to reach out to potential voters and — who knows? — perhaps sway the outcome in their riding when Ottawans head to the polls today.

"… this makes a difference, what we're doing today."
Jen Hunter, Green

Poilievre's New Democrat opponent, Phil Brown, also spent much of yesterday canvassing. It's been a busy month that has forced him to put off many projects, but he said it's been gratifying to see support growing in the riding.

"We know in the last election Pierre Poilievre won by over 55 per cent of the vote, but we'll be interested to see how the results break down and what kind of dent we've made in Pierre's plurality," he said.

Though pundits are predicting "someone else" would win Ottawa Centre riding, Green candidate Jen Hunter said she believes victory is possible and spent her last day canvassing downtown, after pausing to help serve Thanksgiving Day lunch at the Ottawa Mission.

"One in six voters makes their decision in the ballot box. So this makes a difference, what we're doing today," said Hunter.

Ottawa Centre Liberal candidate Penny Collenette also spent most of the day canvassing. "If you have confidence in your team and you feel that you've done everything you can — and I do at this point — then Election Day is a good day. You let it happen," she said.

"For the first time in the campaign it's not in anyone's control. I feel kind of relaxed, to be honest."

TIM WIECLAWSKI/METRO OTTAWA

Capital projects on track despite turmoil

ECONOMY The international financial crisis is raising questions about whether major infrastructure projects in Ottawa could be delayed.

The city wants the Strandherd bridge built over the Rideau River by 2012, and has a $2.4-billion light rail plan. But Mayor Larry O'Brien wouldn't speculate about any delays because of credit shortages.

"I think we will not feel the full impact of any potential downturn for six to 12 months. Quite frankly, right now Ottawa is doing very well."

The federal and provincial governments have each pledged $200 million for light rail. Ontario's municipal affairs minister Jim Watson said the promise won't be broken. CTVOTTAWA.CA

News in brief

ROBBERY Two men robbed a payday advance store with a shotgun during a midday robbery in Ottawa's west end on Sunday. The suspects are described as thin black men in their 20s and over six feet tall. One was wearing a light blue jacket and a black and white backpack. The other wore a ball cap and black hooded jacket. Call 613-236-1222, ext. 5116, with info. METRO OTTAWA

metronews.ca
What's online today.

Watch an Elvis impersonator make his third bid for Belinda Stronach's former seat and watch experts break down the election's final opinion polls, predicting a Tory minority at metronews.ca/canada
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Lotteries

Friday, Oct. 10
Lotto Super 7 2, 8, 10, 16, 21, 33, 46 Bonus 30
Saturday, Oct. 11
Lotto 6/49 7, 8, 23, 38, 39 & 45 Bonus 47
Monday, Oct. 13
Ontario Pick 3 1 4 9
Ontario Pick 4 9 7 1 4
Encore 4008997
Daily Keno 1, 15, 19, 22, 25, 33, 45, 47, 49, 50, 54, 55, 56, 57, 59, 60, 62, 63, 64, 65

These results are not official.

Olympics security budget delayed
The security budget for the 2010 Winter Olympics in Vancouver has not yet been released because the federal and B.C. governments haven't yet agreed on a cost-sharing arrangement. Since the Salt Lake games in 2002, every Olympics security budget has been over $1 billion. METRO NEWS SERVICES

Canada

Battling listeria

Health Canada has approved the use of a new preservative in an effort to combat the listeria bacteria, left. Sodium diacetate, when used in combination with sodium lactate, can help slow the growth of the harmful bacteria. SOURCE: CBC NEWS ONLINE

Journalist's life threatened for $2.5M ransom

SOMALIA Somali kidnappers have threatened to kill Canadian journalist Amanda Lindhout and a photographer if a $2.5-million ransom is not paid in 15 days, CBC News Online reports.

Iran's Press TV reported yesterday that one of the kidnappers warned a correspondent in Mogadishu.

Lindhout and Nigel Brennan, an Australian, were kidnapped on Aug. 23.

Climate change threatens peatland

SCIENCE Warmer temperatures in the years ahead will dry up Canada's peatlands, release more carbon dioxide into the world's atmosphere and aggravate global warming, a new study has found.

METRO NEWS SERVICES

Landmark vote

First poll in major industrial country since market collapse

Election 2008

The ruling Conservatives look set to retain power today in the first national election held in a major industrialized nation since the market meltdown this month.

Prime Minister Stephen Harper triggered the campaign five weeks ago on the grounds that his government could no longer work with opposition parties who hold the balance of power in Parliament.

Then shares began to plummet and Harper retooled his campaign in a bid to persuade Canadians that only he could manage the country in such troubled times.

minority trend

- The election is the third in four years and — according to virtually every poll over the last month — will produce Canada's third successive minority government.

"(We have) a plan that in the midst of this world financial crisis has kept our economy creating jobs, kept our budgets balanced and kept your bank accounts safe and secure," he told a rally in Cornwall, P.E.I. yesterday.

Harper has dismissed opposition calls for major government spending programs.

Having defeated a minority Liberal administration in January 2006, Harper foresees another election relatively soon.

"Obviously the Parliament won't last four years," he told CTV television Sunday.

The Liberals were hampered in the campaign by the performance of leader Stéphane Dion and his insistence that despite tumbling markets and fears of a recession, he would impose a carbon tax designed to cut greenhouse gases.

Harper says the tax would trigger an immediate recession "as bad as anywhere in the world." Dion says this is a lie.

"We don't want any more Stephen Harper. Enough is enough," he told a rally in Fredericton, New Brunswick yesterday.

REUTERS

Vancouver Homelessness action

RAFE ARNOTT/METRO VANCOUVER

A man walks by a "green graffiti" message on a Vancouver sidewalk yesterday. The awareness campaign by The Greater Vancouver Regional Steering Committee on Homelessness is timed to coincide with the launch of Homelessness Action Week 2008.

News in brief

BLACKOUT More than 200,000 Vancouver Island residents ate turkey by candlelight when the southern part of the island blacked out between 6 and 8 p.m. Sunday night. B.C. Hydro did not know the cause of the power outage at press time.

LAWSUIT A $9 million lawsuit has been filed by Patrick Quinn, 35, a Mississauga man who claims 50 Peel, Ont., police officers were involved in a station-wide coverup of his beating in an interrogation room. METRO NEWS SERVICES

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via Toronto
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Super All-Inclusive • Superselect run-of-the-house rm.
Nov. 2, 9 & 16 • 1 wk.
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Plus taxes & other fees: $229.
Departure tax: 25 CUC paid locally.

Varadero
via Toronto
EARN 3,000 AEROPLAN MILES[1] PER MEMBER
SuperClubs Breezes Jibacoa • 3 1/2★
Super All-Inclusive • Garden view rm.
Nov. 2 & Dec. 7 • 1 wk.
$729
Plus taxes & other fees: $229.
Departure tax: 25 CUC paid locally.

Nassau, Bahamas
via Toronto
EARN UP TO 7,860 AEROPLAN MILES[2]
SuperClubs Breezes Bahamas • 3★
Super All-Inclusive • Deluxe garden view rm.
Dec. 1 & 2 • 4 nts.
$1069
Plus taxes & other fees: $233.

Jamaica
via Toronto
EARN UP TO 8,600 AEROPLAN MILES[1]
Breezes Montego Bay • 3★
Super All-Inclusive • Deluxe rm.
Nov. 3, 17 & 23 • 1 wk.
$1199
Plus taxes & other fees: $259.

Jamaica
via Toronto
EARN UP TO 8,600 AEROPLAN MILES[1]
Breezes Runaway Bay Resort & Golf Club • 4★
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530 Montreal Rd.
62 - 2269 Riverside Dr.
1200 Prince of Wales Dr.
118 Holland Ave.
424 Catherine St.
1333 Michael St.
1775 Courtwood Cres.

Brockville
2211 Parkdale Ave.
Cornwall
Cornwall Square
2130 Vincent Massey Dr.

Hawkesbury
321 Main St. E
Kanata
Kanata Centrum Walk

Kingston
Cataraqui Town Centre
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764 Gardiners Rd.
131 Princess St.

Nepean
39 Robertson Rd.
Orléans
Place d'Orléans
2 - 4312 Innes Rd.
2062 St-Joseph Blvd.

Pembroke
Pembroke Mall
Perth
106 Gore St. E

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B.C. paleontologists seek clues in rare dinosaur tracks

Scientists believe they've found the tracks of a group of coal miners discovered ancient sauropod tracks at a mine near Sparwood, B.C., in the province's southeastern tip near the Alberta border. CBC NEWS ONLINE

Bus rolls down embankment

B.C. A tour bus with 20 passengers on board rolled off a road and down a nine-metre embankment on British Columbia's Blackcomb Mountain yesterday. Twelve people were hurt. By mid-day, all the injured had been released except a teacher who suffered head and spinal injuries that are serious but not life-threatening, CBC News Online reports.

MARIA COOTAUCO/ FOR METRO CANADA

Recovered body believed to be missing sailor

MONICA MARTINEZ
for Metro Canada

Vancouver police say the body recovered near the Spanish Banks around 11:30 a.m. yesterday matches the description of one of three missing crew members from a Panamanian cargo ship.

Crew members contacted police at 7:30 a.m. yesterday after three sailors did not turn up at work.

The man whose body was recovered is described as approximately 30-years-old and of South Asian/Bangladeshi origin.

The other two missing men are also South Asian/Bangladeshi and 24- to 25-years-old.

"It does not appear that the two missing men made it to shore," said Vancouver police Insp. Steve Rai.

"Right now it looks like a real tragic incident."

The men are believed to have used a rope to climb down the 700-foot-long vessel and into the water, assuming they would be able to swim to shore, though no life jackets or life boats were found missing.

The search for the two missing men continues along English Bay while police question crew members.

RAFE ARNOTT/METRO CANADA

Coast Guard crews comb the waters off Spanish Banks, searching for missing sailors yesterday.

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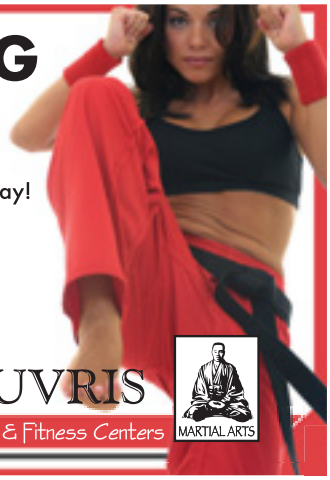

Art offers new lease on life for paralyzed landscape painter

VICTORIA HANDYSIDES
for Metro Canada

When people see Penny Oman's Alberta landscape paintings, they can't believe she creates by holding a brush between her lips.

"They're usually pretty shocked," she said with a laugh.

Oman has been paralyzed from the neck down since 1970, when a car accident in rural Alberta left her struggling to find a new way to live.

After undergoing years of painful rehabilitation, Oman found a new lease on life through art.

She found inspiration through Myron Angus, a talented disabled artist who created all his works by painting with his mouth.

More than 30 years later, Oman has made a name for herself in the art community. She works on one piece per month and sells each one for up to hundreds of dollars.

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Prime minister's salary has skyrocketed
The salary of the prime minister has jumped 130 per cent over the last 20 years. In 1988, a prime minister made a base salary of $66,600. In 2008, the base salary of a prime minister is $155,400. METRO NEWS SERVICES

Election 2008

One-man rule put to the test

Drama tonight may be in seeing how big or small Tory minority will be

NationalReport

Why did we even bother? That could well be the reaction from Canadians when they see the election results tonight.

Polls suggest it will be the ditto election. A replica of the last one. Conservatives will likely pick up five to 10 seats, but will be left well down in minority territory. The Liberals will lose a few, the NDP will make a couple gains. And everybody can continue to be numbed by our uninspirational leaders and go back to sleep.

If these indeed are the results — the pollsters could be wrong — the big loser will be Stephen Harper. Most everyone expected Liberal Leader Stéphane Dion to have a tough time. And he did. It was his first campaign. But the Harper Conservatives were at 40 per cent in the polls on opening day and ready to romp to the only thing they seemingly ever cared about — winning a majority.

It hasn't happened. This was Harper's third campaign and it was probably his worst. He'll be wondering: Why did I break my own fixed-election date law to call this thing?

The drama tonight will be in seeing how big or small the Conservative minority turns out to be. Harper has been called the Incrementalist because he prefers small steps as opposed to a big vision. But tonight, incrementalism won't do. If the Tories win less than 140 seats (a majority being 155), pressure will mount on the PM to step down. If he can't get close to a majority against a weak opposition, when, his critics will ask, can he ever do it?

The other number to watch is if the combined Liberal and NDP number of seats exceeds those of the Tories. In such a scenario, they could combine to defeat the government on an early confidence vote. They could then work out some cohabitation agreement and march off to the governor general and convince her to let them form a government — a loose coalition of some kind.

At least one thing that type of arrangement would do is end the one-man government in this country. Harper came to Ottawa as a champion of democratic reform. His most serious weakness — and a reason why he likely won't score the victory he wanted tonight — is that he has become very much the opposite.

People are probably asking: Why did we even bother with this election?

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

News in brief

LIBERAL After 37 days on the high wire of a national leader's campaign, Stéphane Dion appeared relaxed and upbeat as he tried to rally leftist and Green voters to his cause yesterday. Pollsters were in agreement that Dion, while having only a slim chance at a Liberal victory today, had most likely managed to deprive Conservative Leader Stephen Harper of his coveted majority mandate.

NDP Jack Layton spent the day yesterday in the Greater Toronto Area, finishing up the election campaign as he started, railing against the establishment, including the big banks and oil companies, and promising to support middle-class and working families.

GREEN Elizabeth May ended her campaign yesterday by boldly predicting up to eight seats. Two are in Ontario, four in B.C., one in Nunavut and one in Nova Scotia — the Central Nova riding where she is running. TORSTAR NEWS SERVICE

Watch experts break down the election's final opinion polls, predicting a Tory win at metronews.ca/canada

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'Hippie' apes not so peace-loving after all, researchers say

Despite their reputation as lovers, not fighters, of the primate world, bonobos actually hunt and eat other great apes, German researchers said yesterday. Their findings, the first direct evidence of hunting by the so-called "hippie" apes, show that such behavior is not linked to male dominance, as females rule bonobo society. REUTERS

World

Official squeezed out

A senior official in Sudan who ordered a crackdown on young women wearing tight trousers has been sacked, officials said Saturday. Police arrested scores of women — many on their way home from church — in the capital city of Juba last week on charges of disturbing the peace. Officers said their choice of clothing proved they belonged to youth gangs. REUTERS

U.S. to buy $250B in bank stakes

The U.S. government agreed on Monday to take $25 billion stakes in several big banks in a bid to shore up the banking system and arrest the financial crisis, sources familiar with the situation said.

The move came after Britain, Germany, France and other European countries pledged more than 1 trillion euros ($1.36 trillion US) to bolster their banks.

Officials will announce further details of the U.S. plan today at 8:30 a.m.

The Dow Jones industrial average, which closed last night at 9387.61, and the S&P 500 index raced to an 11 per cent gain, their biggest ever. Wall Street recorded its worst week in history last week amid panic over collapsing banks and fears that major economies were headed toward recession

Stocks worldwide added more than $1.7 trillion in value, based on a record 9.3 per cent gain in the MSCI world equity index.

After talks with Wall Street bankers on Monday, Treasury Secretary Henry Paulson agreed to spend $250 billion on equity stakes in U.S. banks and to a three-year guarantee of bank-to-bank lending. This was an about-face from an early focus on buying bad debt from banks. REUTERS

Banks pledge aid

- The U.S. Federal Reserve, the European Central Bank, the Bank of England and the Swiss National Bank said they would lend commercial banks as much U.S. dollar liquidity they needed.

Bush signs tougher anti-counterfeit bill

PIRACY U.S. President George W. Bush signed into law yesterday a controversial bill that would stiffen penalties for movie and music piracy at the federal level.

The law creates an intellectual property czar who will report directly to the president on how to better protect copyrights both domestically and internationally. The Justice Department had argued that the creation of this position would undermine its authority.

The law also toughens criminal laws against piracy and counterfeiting, though critics have argued that the measure goes too far and risks punishing people who have not infringed.

Piracy's price

- Counterfeiting and piracy costs the United States nearly $250 billion US annually, according to the U.S. Chamber of Commerce.

The Recording Industry Association of America and Motion Picture Association of America backed the bill, as did the U.S. Chamber of Commerce.

Rick Cotton, general counsel for NBC Universal, said the bill would give movie and music makers more tools to fight what he called a "tidal wave" of counterfeiting and piracy of everything from medical devices to automobile parts to media by organized crime. REUTERS

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Seoul **Flames at protest**

REUTERS/JEE A-EUN WON

Conservative right-wing protesters burn a portrait of North Korean leader Kim Jong-il during an anti-North Korea protest held near the U.S. embassy in Seoul yesterday. Dozens of pro-U.S. protesters criticized the decision by the U.S. to remove North Korea from a terrorism blacklist.

Peres calls for peace in Acre

ISRAEL President Shimon Peres called yesterday for reconciliation between the Arabs and Jews of Acre, where five days of rioting raised fears of a nationwide chain reaction.

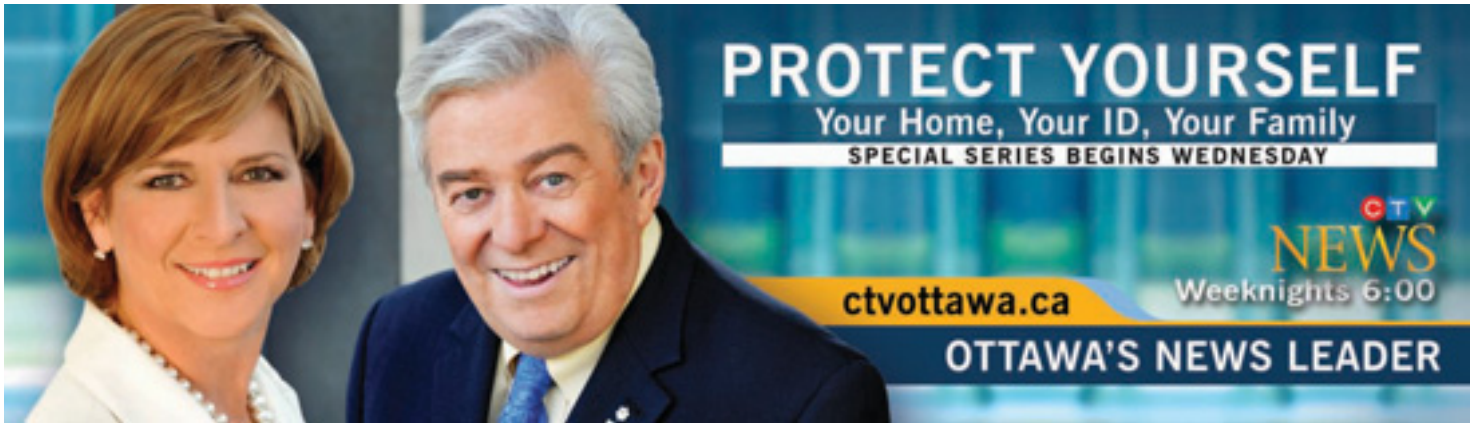
"There are two religions but there is one law for all," Peres told Arab and Jewish religious and political leaders in the city.

Last Wednesday, youths attacked an Arab who drove into a mainly Jewish neighbourhood, disturbing the start of Yom Kippur, the holiest day in the Jewish calendar. When mosque loudspeakers spread word of Jewish youths beating an Arab, Arab crowds rioted, damaging cars and shops. Jews set fire to two Arab homes and damaged nine others.

Peres said no one was killed or hurt. REUTERS

News in brief

CANCER Spanish-speaking Latinas are less likely have reconstructive surgery following a mastectomy for breast cancer, researchers say. The breast reconstruction rate for Spanish-speaking Latinas in the U.S. was 13.2 per cent — significantly lower than other groups. Spanish-speaking Latinas were also less likely than whites to have a preoperative plastic surgery consultation but more likely to want further information about reconstruction. A researcher said they often faced barriers to gaining information. REUTERS



The new incredibly fuel-efficient **2009 PONTIAC G3 WAVE.** Seriously, look at it. That's one fun and friendly looking car. But it really knows how to give the gas pump the cold shoulder. Still, even though 5.7L/100 KM on the highway and 7.9L/100 KM in the city[1] is bad news for the gas pump, it's great news for you. And even better news is that the G3 Wave is loaded with things like optional OnStar®, auxiliary audio input jack, five star rating for frontal impact[2], available side-impact airbags and the best coverage in Canada[3]. So, even though the G3 Wave works really hard to make the gas pump sad, it works just as hard to make you happy.

PONTIAC G3 WAVE IGNITE THE FEELING pontiac.gm.ca

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[1]When equipped with a 5-speed manual transmission, estimated 2009 ratings, based on GM testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary.
[2]Equivalent Chevrolet Aveo model tested. US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov).
[3]Whichever comes first. See dealer for limited warranty details.

Universal to distribute DreamWorks films
Universal Studios has reached an agreement to distribute films by DreamWorks SKG in its new partnership with Reliance ADA Group of India, taking an eight per cent distribution fee on roughly six films per year, over seven years. REUTERS

Business

Barrel rebound

The price of oil yesterday rose more than four per cent, or $3.49 US to $81.19 a barrel, as global markets rallied after European governments launched bailout schemes to shore up banks. One analyst said bank bailout packages helped stabilize markets and investors are now following them higher. REUTERS

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Business in brief

EARNINGS Manulife Financial said it expects credit losses related to the global financial crisis to cut earnings by $250 million in the third quarter, due to exposure to Lehmans and AIG.

INVESTMENT Morgan Stanley stock doubled after Japan's Mitsubishi UFJ Financial Group Inc. completed its $9 billion US purchase of a 21 per cent stake in the bank yesterday. REUTERS

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Will a recession squeeze the green technology movement?

A squeeze in lending and fears that a global recession will continue to push down fossil-fuel prices could prove a major setback for the development of clean energy and deployment of green technologies.

"I don't think it's the end of the world," said Nicholas Parker, chair and managing partner of clean technology investment firm Cleantech Group. "Things will still get done, but it will be a flight to quality and money will only flow to the best deals."

Still, if the cost of debt financing jumps from two per cent to eight per cent, "it will throw a lot of projects out of whack," he said.

"I wouldn't be surprised to see some of the announced projects get mothballed ... At some point these projects go from thin (margins) to not viable."
Alex Winch

In Ontario, which has hundreds of clean-energy initiatives at various stages of development — from farm-based biogas systems to massive solar farms to industrial-scale ethanol plants — there are fears that some projects will grind to a halt as lenders grow more discriminating.

"It's not going to stop any of our projects, but it's slowed them down already because we have to be a little more prudent," said Bliss Baker, vice-president of corporate affairs at Greenfield Ethanol, a corn and cellulosic ethanol plants developer.

Kerry Adler, chief executive of wind developer SkyPower Corp., said the credit crunch is making it difficult to accurately estimate project finance costs, and it could force developers to artificially inflate wind energy prices with conservative capital cost estimates.

Alex Winch, president and founder of Mondial Energy Inc., a solar-energy service provider, said smaller projects are likely to take an even bigger hit as money flows to larger-scale projects seen as less risky.

He said dozens of projects under Ontario's standard offer program, which supports the development of solar, wind, biomass and hydroelectric projects under 10 megawatts in size, could soon be in trouble. "I wouldn't be surprised to see some of the announced projects get mothballed," said Winch, adding that Mondial will also feel some impact. "At some point these projects go from thin (margins) to not viable." TORSTAR NEWS SERVICE

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REUTERS/TIM WIMBORNE

A woman talking on a cellphone passes a bank advertising sign in Sydney's central business district yesterday. Australian shares rallied 5.5 per cent yesterday, clawing back some of last week's 16 per cent loss, with the top banks lifted after the government extended a blanket guarantee to all bank deposits.

GM closes U.S. plants, could merge with Ford, Chrysler

AUTOS General Motors Corp. shares closed up 33 per cent yesterday to $6.51 US on signs that the No. 1 U.S. automaker had explored options ranging from a merger with Ford Motor Co. or Chrysler LLC to federal funding in order to ride out a brutal downturn in sales.

Analysts are expecting U.S. vehicle sales in October to be down about 30 per cent.

GM plans to close two plants, including its oldest and largest assembly plant in Wisconsin, by the end of the year and a stamping plant in Grand Rapids, Mich., by the end of 2009.

GM is also seeking expedited access to its share of $25 billion US in low-cost federal loans and has not ruled out seeking an emergency loan from the U.S. Federal Reserve. REUTERS

Oshawa closure?

A Canadian Auto Workers official said management at the Oshawa, Ont. plant had not said or suggested any change to the July 1, 2009 closure of the complex. TORSTAR NEWS SERVICE

Crisis may limit OPEC's price options

OIL A looming global recession could make members of OPEC more tolerant of cheaper oil, said Serene Gardiner of Standard Chartered Bank, but the group still needs to cut output by early next year to control swelling stocks and insure against a price collapse.

"Expectations of what oil producers can get for their oil have shifted along with events in the financial world. It's bad for business to add oil to the fire, so to speak. And as such we have noticed a shift in rhetoric," Gardiner said, noting that OPEC would "vigorously defend" the price of $80 a barrel.

Last week pushed oil to a 13-month low below $80 US a barrel, nearly 50 per cent down from the July peak of $147.27. REUTERS

Chinese trade surplus hits high

CHINA China post a record trade surplus of $29.3 billion US on export growth and falling commodity prices in September despite a global slowdown, potentially tempering the need for the fiscal stimulus policies officials have been considering. REUTERS

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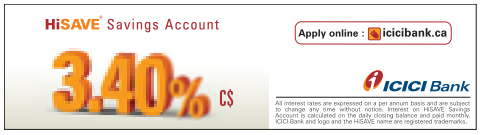
Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA



MoneyMatters AND Investing

Read this week's columns at metronews.ca

The good, the bad and the ugly

SmartCookies

smartcookies.com

Let's be real — most of us carry some form of debt. These days we all seem desperate to understand how to manage our debt, pay it down and get rid of it all together.

Just last week in New York, while promoting our new book, The Smart Cookies' Guide to Making More Dough, we were asked if it was ever OK to have debt.

Our answer, of course, was "Yes, if it's 'good' debt." There's good debt, there's bad debt and then there's just plain ugly debt. Being a smart cookie means you can differentiate between all three.

The good

Good debt is investment debt that creates value. Some examples include mortgages and student or business loans. Many students head off for school with their first credit card in hand, and if they're using that card to purchase items that will further enhance their education then that's an investment and that's considered good debt.

Credit cards can be a great tool if you are mindful about not only which cards you carry, but what the interest rate and terms are.

The bad

Bad debt is purchasing something that goes down in value immediately after you swipe your card. If that same new student is racking up her card on shoes and a designer bag to tote her textbooks around in, then, well, that's bad debt.

Many of us fall into the trap of carrying consumer debt on our cards that ends up costing us more then what the item is worth by the time we are done paying interest.

The ugly

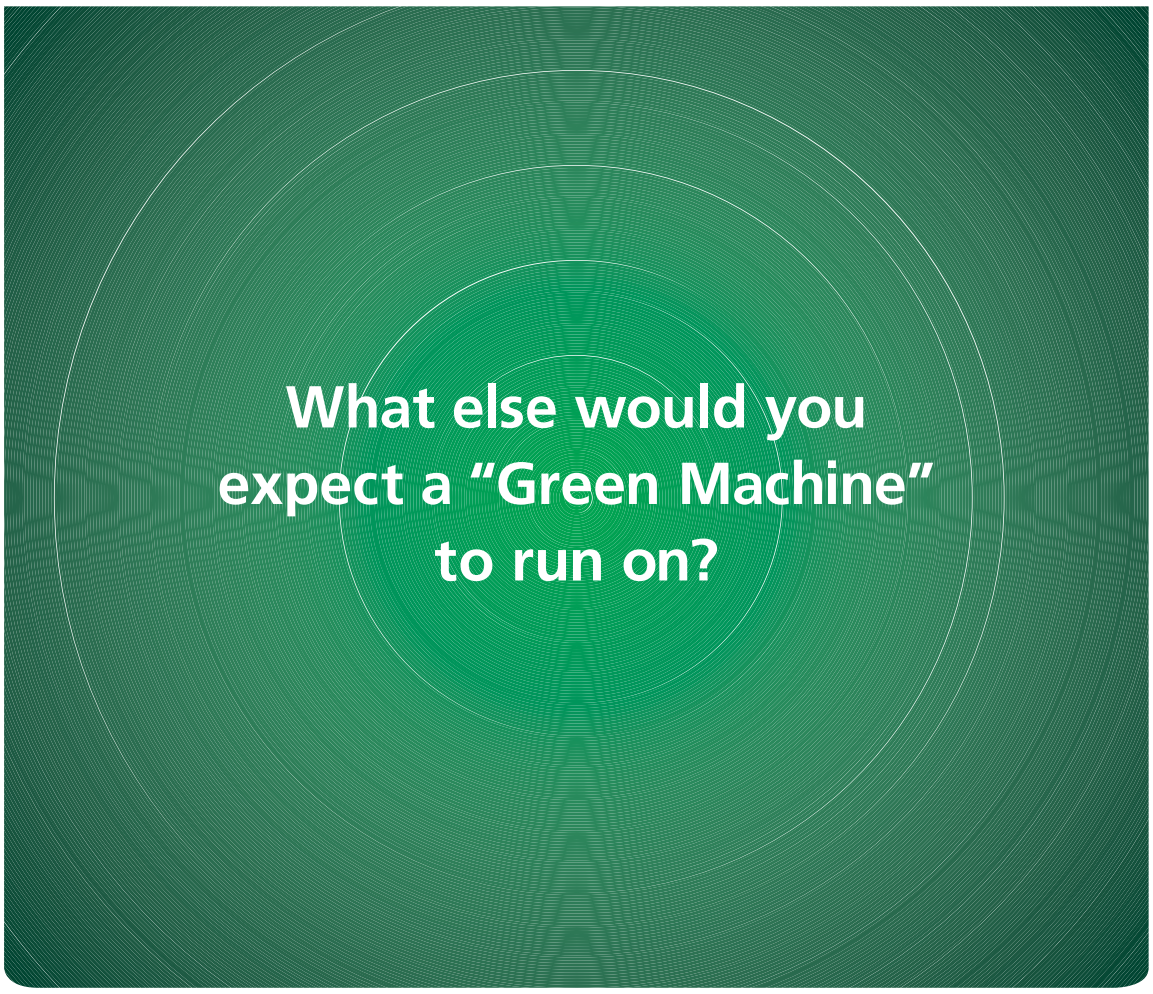
Store credit cards and points cards can carry the highest interest rates out there. We get sucked in to thinking we are going to be saving 10 to 20 per cent up front if we open up a new card. However, if you don't pay the balance in full at the end of every month your savings are destroyed by the high interest rate on the card.

When you pay by credit card, it's far too easy to spend more than you can afford. Every month that you are only making a partial payment on your credit account, you are charged interest.

The item you purchased continues to lose value, and the amount you paid for it continues to increase.

The bottom line is that if you're going to buy something that doesn't go up in value and you can't afford to pay cash — or to pay your card off in full every month — then you might want to think twice.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.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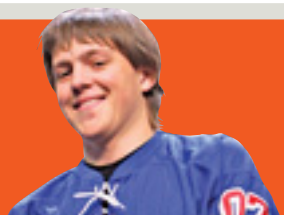
Warriors suspend injured Ellis

The Golden State Warriors suspended recently re-signed guard Monta Ellis for 30 games without pay on Saturday for violating his player contract. Ellis, who signed a six-year, $66-million contract in July, underwent successful surgery on his left ankle after a moped accident — a restricted activity in his contract. METRO NEWS SERVICES

Sports



Cherepanov dies suddenly

New York Rangers prospect Alexei Cherepanov passed away yesterday at the age of 19 after collapsing on the bench during a game in Russia. Cherepanov was playing as a forward for Avangard Omsk of the Kontinental Hockey League when the tragedy occurred. Details on what caused the collapse have not been released.

METRO NEWS SERVICES

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Hammered by homers

ALCS RESULT

Tampa Bay 9 Boston 1

B.J. Upton and Rocco Baldelli each hit a three-run homer as Tampa Bay crushed Boston, 9-1, in Game 3 of the American League Championship Series at Fenway Park.

Evan Longoria and Carlos Pena also went deep for the Rays, who took a 2-1 lead in the best-of-seven series with the four-homer attack. The suddenly high-powered Tampa Bay bats have slammed seven homers in the last two contests.

For Upton, it was his fifth postseason home run, after slugging only nine in the regular season

For Boston, it was their worst home playoff loss for Boston since a 19-8 setback to the New York Yankees in Game 3 of the 2004 ALCS

And for Akinori Iwamura, he has at least one hit in all seven of Tampa's postseason games, and is 11-for-31 overall

Game 4 is scheduled for Tuesday night, again at Fenway Park. Boston's Tim Wakefield and the Rays' Andy Sonnanstine are scheduled to take the mound.

METRO NEWS SERVICES

ADAM HUNGER /REUTERS

Tampa Bay Rays' Carl Crawford, right, is tagged out by Boston Red Sox catcher Jason Varitek as he tries to score on a fielder's choice groundout in the eighth inning in Game 3 of Major League Baseball's ALCS playoff series in Boston yesterday.

RICK SCUTERI/REUTERS

Dallas Cowboys quarterback Tony Romo, right, throws downfield against the Arizona Cardinals in the second quarter of their NFL football game in Glendale, Arizona.

Romo out for a month

NFL Dallas Cowboys quarterback Tony Romo could be sidelined for up to four weeks with a broken finger, his team said yesterday

The Pro Bowler broke the little finger in his throwing hand during the first play of the 30-24 overtime loss to the Arizona Cardinals on Sunday, the Cowboys (4-2) said on their website. Romo has started every regular season game since taking over from Drew Bledsoe during the 2006 campaign and completed 128-of-201 pass attempts for 1,689-yards and 14 touchdowns this season. Brad Johnson, who guided the Tampa Bay Buccaneers to the 2003 Super Bowl during his 15-season career, is expected to take over quarterbacking duties in Romo's absence. REUTERS

Thanksgiving Day feast for Als, Stampeders

CFL Jamel Richardson had three touchdown receptions to lift the Montreal Alouettes to a convincing 42-11 victory over the Hamilton Tiger-Cats on the Canadian Thanksgiving.

Quarterback Anthony Calvillo was 33-for-41 for 371 yards, three touchdowns and one interception for Montreal (10-5). Ben Cahoon caught 13 balls for 164 yards and Richardson ended with 12 catches for 125 yards.

Quinton Porter finished 17-of-25 for 167 yards and two interceptions for Hamilton (3-12). The Tiger-Cats had four turnovers in the contest, which led to 17 Montreal points.

Calgary 42 Saskatchewan 5 —

Henry Burris threw for three touchdowns as the Calgary Stampeders crushed the Saskatchewan Roughriders, 42-5, to take sole possession of first place in the West Division.

Nik Lewis, Jeremaine Copeland and Ken-Yon Rambo each caught a touchdown pass for the Stampeders (10-5), who avenged a loss 10 days ago to the Roughriders.

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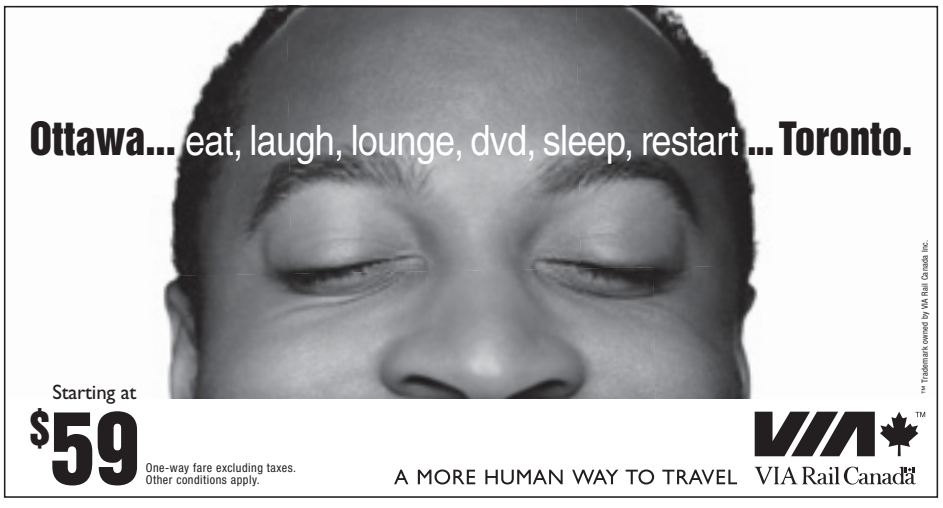
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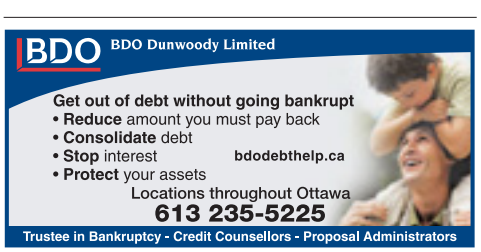

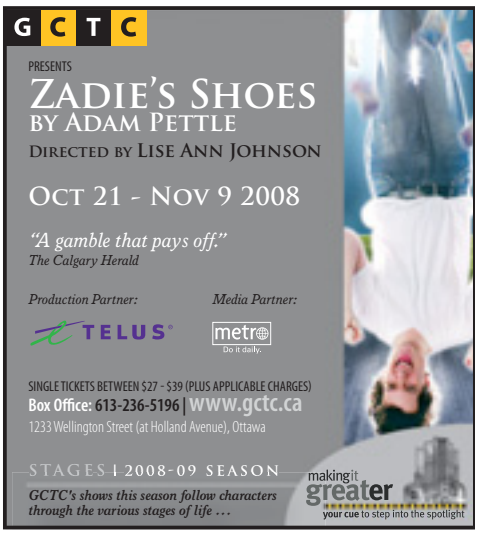
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Big Brown retired
Michael Iavarone, President and CEO of IEAH Stables, confirmed that Kentucky Derby and Preakness Stakes winner Big Brown has been retired after suffering an injury yesterday morning. METRO NEWS SERVICES

AC an MVP (mea culpa)

YorkReport

Marty York
marty.york@metronews.ca

It is an questionably exist in the West, but the league's best player is in the East.

And that's perplexing.

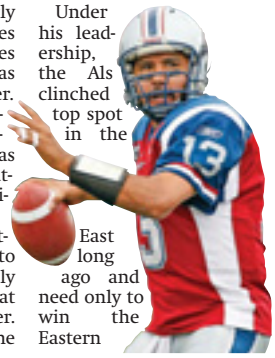
Anthony Calvillo, see, simply wasn't supposed to be this good this season.

In 2007, he turned in a subpar season that he didn't even complete, partly because of off-field woes that included health issues affecting his wife, who was stricken with cancer. There was rampant speculation entering this season (mea culpa) that AC, as he is known, would sputter and flutter in the twilight of his career.

He's 36, which prompted some (mea culpa) to suggest AC stands not only for his name but for what he is — an Aging Codger.

Yet, as Calvillo led the Als to a romp over the Hamilton Tiger-Cats yesterday, it became clear that he has never in his 15-year-old career played any better than this season.

AC is on pace to record a mind-boggling 6,000 yards in passing this season. He already has thrown for a personal-best 38 touchdowns.



Anthony Calvillo

Under his leadership, the Als clinched top spot in the East long ago and need only to win the Eastern final on Nov. 15 before appearing in the Grey Cup game right in Montreal on Nov. 23.

I suggested in a recent CFL Report at www.metronews.ca that a dominating defensive lineman, the B.C. Lions' Cameron Wake, should be chosen the league's outstanding player this season. I was premature. AC is the Absolute Choice.

• While Calvillo flourishes, however, his old coach is struggling lamentably, and sources suggest Don Matthews will not be retained after this season.

While he has more wins than any coach in CFL history, Matthews is 0-5 since rejoining the Argonauts this season and, dating back to his Montreal days, has won only once in his past 12 games.

His Argos are all but mathematically out of playoff contention and let's just say he's no Cito Gaston when it comes to Toronto comebacks.

Gaston exhibited first-rate communication skills with the Blue Jays after he was rehired as manager. Matthews, at 69, has lost his communication skills.

"It's like he's on a different planet," one of the Argos told me. "He's not even close to what he used to be."

• Baseball superstar Alex Rodriguez and his wife, Cynthia Rodriguez, are in the final stages of their divorce and have put their Florida house up for sale.

Their asking price: $14.876-million U.S.

Their house, near Fort Lauderdale, has six bedrooms, seven full baths, an Olympic-sized swimming pool and a four-car garage. They bought the house in 2004 for $12-million.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Grey Cup halftime

• The CFL is turning to Canadian stars for the Grey Cup halftime show on Nov. 23. Performing will be Theory of a Deadman, Suzie McNeil and Andrée Watters. American Lenny Kravitz starred in last year's game in Toronto.

Boyes gives Leafs the Blues

Blues 5 Maple Leafs 4

Brad Boyes scored the game-winner in the shootout as the St. Louis Blues downed the Toronto Maple Leafs, 5-4, at Air Canada Centre.

St. Louis' second shooter, Boyes went from the backhand to the forehand and slid the puck behind Vesa Toskala for the advantage.

Brad Boyes

Canadiens 5 Flyers 3 — Montreal scored four third-period goals to stage a come-from-behind win in Philadelphia yesterday.

Sabres 7 Islanders 1 — Thomas Vanek scored twice as Buffalo crushed New York at Nassau Coliseum.

Rangers 4 Devils 1 — Aaron Voros notched a pair of goals and an assist, as New York downed New Jersey at Madison Square Garden.

Capitals 5 Canucks 1 — Michael Nylander scored on a penalty shot and added two assists, as Washington handed Vancouver its first loss of the young campaign.

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Tampa Bay at Boston, 8:07
THURSDAY, OCT. 16
x-Tampa Bay at Boston, 8:07
SATURDAY, OCT. 18
x-Boston at Tampa Bay, 4:37
SUNDAY, OCT. 19
x-Boston at Tampa Bay, 8:07
(Tampa leads series 2-1)
NATIONAL LEAGUE
Philadelphia vs. L.A. Dodgers
LAST NIGHT'S RESULT
Philadelphia at L.A. Dodgers
WEDNESDAY, OCT. 15
Philadelphia at L.A. Dodgers, 8:22
FRIDAY, OCT. 17
x-L.A. Dodgers at Philadelphia, 8:22
(Phillies lead series 2-1)
x — only played if necessary.

NHL

YESTERDAY'S RESULTS
St. Louis 5 Toronto 4 (SO)
Buffalo 7 N.Y. Islanders 1
Detroit at Carolina
Vancouver at Washington
Montreal at Philadelphia
New Jersey at N.Y. Rangers
Nashville at Chicago

CFL

YESTERDAY'S RESULTS
Calgary 42 Saskatchewan 5
Montreal 42 Hamilton 11

NFL

WEEK 6
SUNDAY'S GAMES
Atlanta 22 Chicago 20
Arizona 30 Dallas 24 (OT)
Green Bay 27 Seattle 17
Houston 29 Miami 28
Indianapolis 31 Baltimore 3
Jacksonville 24 Denver 17
Minnesota 12 Detroit 10
New Orleans 34 Oakland 3
N.Y. Jets 26 Cincinnati 14
St. Louis 19 Washington 17
Tampa Bay 27 Carolina 3
Philadelphia 40 San Francisco 26
San Diego 30 New England 10
YESTERDAY'S GAME
N.Y. Giants at Cleveland

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Learning Curve is a monthly feature that focuses on education and student life.
Next month's issue focuses on relationships.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Rez an adjustment for first-timers

EVA LAM
for Metro Ottawa

In her first year of university, Lindsay Short learned the true meaning of the term "full house."

"The hardest thing about adjusting to rez was definitely learning to live with 20-some-odd people who all live on different schedules," says Short, who moved from Ajax to attend the University of Ottawa. "I definitely didn't get as much sleep as I would have liked some nights, but I think it really was all part of the experience."

Now a second-year student, Short is doing her part to ease the transition for incoming students as vice-president of university affairs on the Students' Association of the Faculty of Arts. Although the group's services are available to non-residence students as well, Short says students in residence come out to many of its events and take part in planning and publicizing those events as social squad members.

The Student Federation of the University of Ottawa (SFUO) is the go-to source on campus for both academic and personal support. The undergraduate students' association provides 10 services, including a peer support phone line and spreads the word about them with a fair in the main residence.

"We want to ensure that students know … it's a politicized and involved campus," says Julie Séguin, SFUO's vice-president of communications.

There are many services available to students to help them balance school, life and work.

On the front line of residence support is the residence life team. The group, which includes 42 community advisers, is made up of former first-year residents who can provide confidential advice on any issues, ranging from financial aid on campus to the best places in town to let loose on a Friday night.

Carleton University has its own resources to help students in residence adjust to their new surroundings. In addition to health and counselling services, the school has a First-Year Experience Office, which organizes such events as the CU Amazing Race, which help students get to know the campus.

Across schools, social networking sites like Facebook have made it easier than ever for students to connect with fellow floormates, plan events and get advice. Short herself contributes to these sites and offers a tip for residence first-timers: "I think my best discovery was finding that the library is a better place to study than in a room in residence — no matter what the university says about residence rooms being conducive to studying," she says.

Harder for students to get loans, credit

EVA LAM
for Metro Ottawa

Post-secondary students, long the target of credit card companies, may soon find it harder to get their hands on that little piece of plastic.

You can thank the current credit crisis for that. Around the world, banks are tightening their lending standards. Students may already have seen the effects on campus.

"What we're finding is there are fewer credit card offers being made around university nowadays," says Fred Lazar, a professor at the Schulich School of Business at York University. "And the credit cards that are being offered are probably coming with much smaller limits."

Banks looking to eliminate risk have also made it harder for students to get loans.

At the financial aid office at Algonquin College, students commonly ask for advice managing their finances, ways to get money and a range of other issues. So far, the credit crisis has not been one of them.

"Students always have financial difficulties," says manager Linda Fielding. "We're not hearing any new issues as a result of the credit crunch, but we're certainly hearing the same issues."

She admits the credit shortage could have a more noticeable impact by this time next year, especially if there is a lack of jobs.

Similarly, students seeking money-related advice at the University of Ottawa have not yet expressed anxieties related to the credit crunch.

However, Patrick Coucelles, director of the financial aid and awards service, says students should be prepared. Instead of relying on credit cards or lines of credit, they should focus on university funding.

"What I would say to students is to really do their research and make sure they're accessing all the other sources of funding," he says.

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ALGONQUIN COLLEGE

Gene discovery may help hunt for blindness cure
Scientists have discovered a gene mutation linked to the most common cause of blindness in the developed world, holding out the prospect of better treatments and perhaps eventually a cure. REUTERS

Health

Live Clean expands eco offerings

Live Clean, a vegan collection of hair, hand and body products launched just a year and a half ago, has added seven new items to its lineup. These include the Fresh Water Moisturizing Body Wash ($6.99), far left, Green Earth Firm Hold Styling Mousse ($6.99) and the Sweet Pea Moisturizing Liquid Hand Soap ($4.99). Live Clean products are available at Shoppers Drug Mart, Walmart, PharmaPlus and Loblaws stores across Canada. METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Unemployed? Get fit

Employment status can impact health: Study

CELIA MILNE
for Metro Canada

If you are unemployed, under-employed or have a precarious work situation, now is the time to look after your health.

Studies have shown that people who are unemployed or under-employed are more at risk for health problems than those with good jobs, according to Dr. Emile Tompa, a scientist at the Institute for Work and Health in Toronto.

In fact, studies show that "unemployed adults have consistently been found to die earlier than employed adults," he says.

Under-employment is a problem looming for many Canadians. Working part time may be considered under-employment if you'd rather be full time, if the work is low paying or if you aren't using your skills.

In studies done by Dr. Tompa and colleagues, "individuals with less than optimal levels of employment had higher rates of physical and mental illness compared with those in optimal employment," he says. Inadequate employment tends to be a problem that hits women, visible minorities and people with low levels of education more readily than men, whites and those with a higher education. Different types of underemployment have different health effects. For instance, if you're working too few hours, this has an effect on self-esteem. If you are getting very low pay, this is associated with symptoms of depression.

Under-employment can also lead to excessive use of alcohol. In addition, there is some evidence that lack of a job can have a negative effect on cholesterol, blood pressure and body weight. "The risk of a gain of over 10 per cent in BMI was higher among unemployed adults," reports Dr. Tompa.

If you are unemployed, under-employed or your employment feels precarious, there are things you can do to protect your health. Try to keep stress to a minimum and make sure you have a good social support network. It is also important to eat well, avoid substance abuse and keep fit.

Under- or unemployment can lead to depression and stress. One way to avoid this is to stay fit, a recent study suggests.

Factors that add up to healthy work

Factors scientists have found that add up to healthy work:

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CELIA MILNE/FOR METRO CANADA

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Looking After their Health for the Holidays

Some of you reading this article now may be university students who used the long weekend to get home for the first time this year. Others may be parents of such students, and you enjoyed a short visit with your children for the first time since they went away. **We hope that all of you enjoyed a wonderful Thanksgiving** and that all students are on course for a successful round of December exams!

Once those exams are over, students who went away for school will again return home, this time for a longer holiday. Those who remained home will be relaxing, spending time with family and perhaps with friends who chose to leave town for university.

Regardless of where your children attend university, we all know how busy the holiday season can be. But however busy you are, we recommend that you **make time to bring your university student's to the dentist** while they are home.

The reason is simple. **Oral health is a vital component of overall health.** Yet it is so frequently overlooked. One study indicated at as many **as 80% of 17 and 18 year olds in the United States suffer from tooth decay.**

This is the very age that they will be entering university. They will be in a more rigorous academic environment than they have ever been accustomed to. Those living away from home may be learning how to manage their own households for the first time. Many of them may be working part time as well. And of course, they will also be busy enjoying their social lives.

Healthy Habits Lead to Healthy Lives
Dr. Martin LaBoissonniere
Dental Surgeon

With all of these activities, many of them will not think about the importance of visiting a dentist. But making sure they remain healthy is important.

Poor oral health is a major issue in academic performance. The pain and/or infections associated with tooth decay can result in more missed class time, reduced concentration and less ability to focus on assignments or exams. You can imagine the **negative impact this can have on marks.**

You may not be able to help them with their homework anymore, but you can use the holidays to improve their school performance by helping them look after their oral health. **Now is the time to book a dental appointment for your university student.** And while you are at it, why not book one for yourself to make sure your teeth sparkle during the Festive Season!

Hopefully, we will not find any problems that require treatment. **If a problem is detected, however, we may have the time over the holidays to treat it and send them back to school with confidence in their oral health.**

The Holiday Season will be here soon so contact your dentist to schedule that appointment today. Because maintaining a high academic standing is a healthy habit…and healthier habits lead to healthier lives.

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 8 weeks and includes a physical exam, blood tests and a psychiatric interview. A 52 week extension of continuing treatment will be offered to those completing the study and eligible for extension. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed.	■	■
I am having difficult sleeping.	■	■
I am feeling low in energy and slowed down.	■	■
My appetite has changed.	■	■
I am experiencing feelings of guilt.	■	■
I have lost interest in work and pleasurable activities.	■	■
I feel hopeless about the future.	■	■
I feel tense and anxious.	■	■
I am having difficulty making decisions.	■	■
I am having trouble concentrating.	■	■

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High tech bra not far off
A Smart Bra, developed by the Centre for Materials Research and Innovation at the University of Bolton in the U.K. last year, uses built-in microwave antennas to generate data about each breast. An alarm alerts the wearer about any potential cancer threat. **BEST HEALTH MAGAZINE**

Bug Du Jour

NUTRITION Heard the new buzz? It's time to start eating bugs. That's right: Edible bugs include cicadas, crickets, ants, grasshoppers, dragonflies (wings removed), ants and even tarantulas.

With the price of food escalating every year and the world running out of land for farming, insects — which are a rich source of protein — can no longer be ignored.

Historically, about half of the world's people, especially in parts of Africa, Asia and Latin America, have eaten bugs, reports National Geographic. Only in Europe and North America are we squeamish about noshing on the crawly critters. But bugs are abundant and nutritious. For instance, a cooked grasshopper is 60 per cent protein and six per cent fat. Bon appetit!

CELIA MILNE/FOR METRO CANADA

The Sarah Palin sex appeal

References to governor sign of sexism?

I've only been penning this column for about a month and this is the second time I've written about Sarah Palin. But when I read that Larry Flynt, founder of Hustler, has already shot a porn video using a Sarah Palin lookalike, I couldn't help myself.

There are no less than 40 Sarah Palin videos posted on YouTube that run from the relatively innocent — "Sexy Sarah Palin shows off her sexy legs" — to the obviously cheeky but crude "I masturbated to Sarah Palin."

Type "Sexy Sarah Palin" into Google and you get 1.3 million hits describing her as everything from "America's hottest governor" to "The hot politician."

There are manipulated photos of her in a stars and stripes bikini holding a rifle and apparently you can even order "Sexy Sarah Palin" Halloween costumes. Seriously.

It's been said more than once that Sarah Palin has added sex appeal to the American campaign, but this strikes me as a little over the top. OK, way over the top.

"It's been said more than once that Sarah Palin has added sex appeal to the American campaign."

Even Pakistani president Asif Ali Zardari had to admit he thought Palin was "gorgeous," according to a CNN report. When was the last time you heard a world leader comment on the physical appearance of another politician? I'm thinking … never.

Whatever your thoughts of Sarah Palin and however seriously you take her as a politician, the whole thing strikes me as blatantly sexist. Sure, there have been male politicians who have been known for their sex appeal: Bill Clinton, Pierre Trudeau. But I've never seen any pictures of Pete or Bill in swimwear.

When male politicians are referred to as sexy, more often than not we are referring to his charisma, not his masturbation appeal. If a male politician winks it is hardly characterized as "semiotic sexual flirtation for middle-aged white guys" as one commentator described Palin's incessant winking during the vice-presidential debate.

The references to Sarah's sex appeal are silly and insulting at best and offensive at worst. I know it's in part because people don't take her seriously and that her almost comic-like gun-toting, gosh-darn-it-let's-get-this-done attitude is an easy target for parody and ridicule, but in a country where women make up less than 30 per cent of the political power, the fact that we think it's OK, even fun, to sexually objectify this woman reeks of pure old fashioned sexism.

And, in 2008, that's not an "ism" anybody should support, whatever your political stripe.

GETTY IMAGES

There are 40 Sarah Palin videos posted on YouTube that run from the relatively innocent to the obviously cheeky but crude.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Rogen signs up for Cancer film

Seth Rogen is to appear in a medical comedy. The actor has signed up to produce and appear in I'm With Cancer, which follows the experiences of a man with the disease. FEMALEFIRST.CO.UK

Entertainment

Love interest

Salma Hayek is reportedly delighted after landing a role alongside Alec Baldwin on 30 Rock. The actress will play Elisa, a love interest of Baldwin's character Jack Donaghy. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

weekend box office

1. **Beverly Hills Chihuahua:** $17.5 million US
2. **Quarantine:** $14.2 million
3. **Body of Lies:** $13.1 million
4. **Eagle Eye:** $11 million
5. **Nick and Norah's Infinite Playlist:** $6.5 million
6. **The Express:** $4.7 million
7. **Nights in Rodanthe:** $4.6 million
8. **Appaloosa:** $3.3 million
9. **The Duchess:** $3.2 million
10. **City of Ember:** $3.2 million REUTERS

Taking on the president

Oliver Stone's W is the latest film to tap fascination with U.S. leaders

STEVE GOW
for Metro Canada

Just a few weeks before the U.S. election, President George W. Bush will be going to the movies. Well, actor Josh Brolin's interpretation of Bush anyhow.

When the movie W — Oliver Stone's take on the life of the current U.S. commander-in-chief — hits theatres this Friday, it will be the third such presidential exploration from the controversial filmmaker.

Most people expect a cinematic attack from the staunch liberal, but as Stone himself insisted in a recent interview with The Times, "It is a human portrait of a man, not meant to insult people who believe in what Bush believes in."

No matter what you think of Bush, there's no doubt moviegoers have long had a fascination with seeing presidents on film.

Whether it's the seminal 1915 silent movie Birth of a Nation, the Emmy-winning portrayal of an early President in HBO's mini-series John Adams, or the upcoming film version of a famous presidential interview in Frost/Nixon, Hollywood has long captured the lives of presidents on TV and at the movies. In fact, over a hundred actors have portrayed real-life presidents in cinema including Nick Nolte as Thomas Jefferson in Jefferson in Paris,

Josh Brolin plays U.S. President George W. Bush in Oliver Stone's W.

Jon Voight as Franklin D. Roosevelt in Pearl Harbor and Anthony Hopkins in Stone's biopic Nixon.

So why is Hollywood so fascinated? Perhaps it's that the role isn't just a position of authority, but one of cultural iconography. As political scientist Matthew Voorhees wrote in a paper entitled The Celluloid President, "The high media visibility, symbolic value, and expectations of strong leadership that characterize the modern president also lay the groundwork for the president to be believable as a broader character type."

As is the case for many films, that doesn't always turn into a positive account either. In fact, as spin ever-increasingly turns the job of presidency into media spectacle, the public seems to have become more fascinated by the celebrity of the president than by his accomplishments. When W hits theatres on Friday, this obsession will be tested, and interest in the commander-in-chief will be clearly reflected in W's opening box office.

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Actress Amanda Crew.

Sex Drive lets Crew get tough

BRIAN COULTON
for Metro Canada

Amanda Crew isn't looking for a free ride. The 22-year-old actress says she acts in smaller-scale TV shows, like the B.C.-filmed series Whistler, for the same reason she stars in the new teen comedy, Sex Drive.

She's just looking for a challenge.

"I try to find something within the character or script that will be challenging. I've never wanted to work on something that I didn't care about because I think that shows no worth," says the Langley, B.C., native.

In Sex Drive, Crew plays Felicia, the best friend of protagonist Ian (Josh Zuckerman), who drives across the country with his friends in pursuit of "Ms. Tasty," the online flame he hopes will extinguish his virginity.

While the film is largely catered to mainstream tastes, Crew says she found the film's genre demanding.

"Comedy is a challenge — which I quickly discovered," she says. Despite playing a supporting role in the 2006 romantic comedy She's the Man, Crew found her Sex Drive leading role came with amplified expectations.

"(In She's the Man) it wasn't really laying on my shoulders to make sure the comedy worked. When you're a lead, all of a sudden there's quite a bit more pressure on you to make it work. It was my first leading role in a feature film, so that in itself was a challenge."

Still, Felicia is certainly a befitting role for Crew. The character is a rather atypical lead for a female. She's brunette, ballsy and crude — "My mouth was very dirty when I came back home," Crew laughs.

It was the character's anti-cookie-cutter-qualities that attracted her to the project.

> **"I love the fact that this character was a leading girl, but she has substance to her."**
> Actress Amanda Crew

"So often, especially in comedies, the girl in the story is always just a pretty girl-next-door whose job in the movie is for the guy to like her. I love the fact that this character was a leading girl, but she has substance to her."

Crew seeks substance not only when scouting roles, but also in her personal life. Having recently relocated to Los Angeles, she's aware of the locale's paparazzi potential, but says she never got into acting for the frivolity of fame. "Acting is what I love to do. If I do it under the radar for the rest of my life, but I get to work on amazing projects, so be it."

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DVD picks

Indiana Jones and the Kingdom of the Crystal Skull

Director: Steven Spielberg
Rating: PG

SOME DISAPPOINTMENT was inevitable with the fourth chapter of the Indiana Jones franchise, since the wait was so long and expectations were so high. But plot quibbles aside, it's still great to see a good old friend come around again.

Indy IV arrives 19 years after we last saw the fedora-wearing archeologist riding off into the sunset at the end of The Last Crusade. This time out, Dr. Jones (played once again by a durable Harrison Ford) finds himself in a rambling plot involving the paranoia of the Cold War, atomic aggression, McCarthyite witchhunts, celestial visitations from little grey men and some heavy mythology about supernatural crystal skulls in a temple deep within the South American jungle.

The convolutions may leave children and series newcomers scratching their non-crystal noggins and parents be warned: The melting faces and man-eating ants may be too intense for tots.

But what a joy it is to watch the talent Spielberg has assembled again at work and play. Shia LaBeouf, Hollywood's current It Boy, is terrific as the motorbike-riding and switchblade-snapping greaser who becomes Indy's new sidekick. And Cate Blanchett adds another notch to her belt with her sexy sword-swishing portrayal of Russian KGB villainess Irina Spalko.

Kingdom of the Crystal Skull ties for second place in the series: It's on par with Last Crusade and above Temple of Doom, while falling a respectable distance short of the high mark set by Raiders of the Lost Ark.

The movie comes in both double-disc regular DVD and Blu-ray packages and disappointment is sure to reign. There are no commentaries (Spielberg and Ford hate them) or deleted scenes.

There are many featurettes about the creation of the props and special effects, including those "crystal" skulls that were actually made of urethane — and looked it. Apparently, there wasn't time enough to make even a glass skull, despite the 19-year wait.

But a couple of the featurettes — "The Return of a Legend" and a look at the first day of shooting — provide enough interesting yak from Spielberg, Ford and co-creator George Lucas to help whip the set into reasonable shape.

TORSTAR NEWS SERVICE

Fugitive Pieces

Director: Jeremy Podeswa
Rating: 14A

HOW CAN YOU ENJOY life, knowing others in your family were robbed of a chance to grow old?

Survivor guilt and other restless spirits trouble Fugitive Pieces, Jeremy Podeswa's well acted, but dramatically unyielding screen adaptation of poet/author Anne Michaels' award-winning 1997 novel. Toronto writer/director Jeremy Podeswa has chosen a unique work that resists conventional narrative techniques. Podeswa says he felt drawn to make it because his father was a Holocaust survivor.

Jakob (Stephen Dillane), a Polish Jew living in Canada, is unable to shake his unfortunate past. As a seven-year-old child in Nazi-occupied Poland, he narrowly escaped as jackboots attacked his family.

Greek archaeologist Athos (Rade Sherbedgia) took young Jakob under his wing, at great personal risk. He took Jakob first to Greece, from where they later emigrated to Toronto.

Jakob has now grown to be a successful writer of Holocaust memoirs in a grim pursuit he calls "harvesting darkness." He lives with Alex (Rosamund Pike), who lives with a zest for life Jakob can barely comprehend.

For all of the merits of Podeswa's painterly approach to Michaels' source novel, assisted by Gregory Middleton's impeccable cinematography, Fugitive Pieces is curiously drained of drama. The message is uncertain and some characters are little more than sketches. But the acting is above reproach.

TORSTAR NEWS SERVICE

Retribution fuels story

BookPicks

The Thief and the Dogs

Author: Naguib Mahfouz
Publisher: Anchor Books
Price: $14.95 (Paperback)

FOUR YEARS behind bars may as well be 40. That's the revelation experienced by Said Mahran, an Egyptian nationalist bent on restoring social justice by stealing from the rich.

After he does his time, he realizes the world on the outside isn't the same one he left behind. His six-year-old daughter snubs him, his wife and aide have married and a former mentor has hypocritically found wealth in business and journalism. The novel, originally published in 1961, sees Nobel laureate Mahfouz assemble through stream-of-consciousness the image of a man set on retribution, no matter what it takes.

Do Gentlemen Really Prefer Blondes?

Author: Jena Pincott
Publisher: Bantam Dell
Price: $23 (Hardcover)

HONESTLY, haven't you always wondered if semen makes you happier? Fear not. Do Gentlemen Really Prefer Blondes? answers this and nearly 100 other questions about sex, romance and attraction, all with a scientific basis. Author Pincott explores the senses, sexuality, dating and the brain's role in it all, interspersed with case studies and international examples to substantiate her claims. Whether you want to know if a father's potential can be judged by his face alone, if generously endowed men are more likely to be cheaters or if your sex drive is determined by the season, Pincott has an answer.

Bittersweet: Confessions of a Twice-Married Man

Author: Philip Lee
Publisher: Goose Lane Editions
Price: $22.95 (Paperback)

AS CANADA'S divorce rate hovers around 40 per cent, nearly half of Canadians share marriage's dissolutive pain. Canadian Association of Journalists award-winning writer Lee attempts to bring the suffering to the forefront in Bittersweet. The biographical account recalls the end of his first marriage and how it caused youthful emotionalism to quickly creep upon him. Bittersweet helps Lee lay his life in front of him in an attempt to understand, reconcile and progress.

BRIAN COULTON/FOR METRO CANADA

New Oasis album hits No. 1 in U.K.

CHARTS English rock band Oasis went straight to No. 1 on the U.K. album charts Sunday with their first album in three years, continuing their unbroken string of chart-toppers.

Dig Out Your Soul, Oasis's seventh album, ended the two-week reign of cult American rockers Kings of Leon's Only by the Night, which slipped to No. 2. Oasis, led by brothers Liam and Noel Gallagher, first went to No. 1 with their 1994 debut Definitely Maybe.

The news was not all good for the band, though; the album's first single, The Shock of the Lightning, tumbled 13 places to No. 16 in its second week. The band's previous album, 2005's Don't Believe the Truth, yielded two chart-toppers.

There was little change at the top of the singles chart, with singer Pink at No. 1 with So What. Kings of Leon was at No. 2 with Sex on Fire, while the all-girl band Sugababes rose to No. 3 with Girls. REUTERS

Perry nets hosting gig
Singer Katy Perry has been announced as the host of the MTV Europe Music Awards. The event takes place in Liverpool, England, on Nov. 6. **BBC NEWS ONLINE**

TV salary realities

IntelleVision

PAYDAY The next time someone tells you it pays to be nice, it'll be useful to remind them that Simon Cowell, the Idol judge who gets the most hate mail, mostly for saying obvious things about contestants, is one of the highest-paid people on television today. Cowell's paycheque has been big news for several years now, as he's repeatedly up in the fiscal ether with Oprah and Jerry Seinfeld, but it's a story that just won't die, mostly because most people can't figure out just what he does to pull in that kind of dirty green.

It was Australia's turn to share in the outrage, with an interview with Cowell's friend and onetime boss, Idol and So You Think You Can Dance producer Nigel Lythgoe, the principal thrust of which seems to have been to fathom the Cowell wage enigma. "I think Simon is now earning something like US$36 million a year from Fox alone," Lythgoe told the Queensland Courier-Mail, "but they can afford to pay him that because at one point we heard (Fox) were getting something like $900,000 and $1 million per 30 seconds in advertising revenue."

Cowell is paid more because he "brings more to the table" than fellow judges Paula Abdul or Randy Jackson said Lythgoe, but he's also the superior negotiator, only signing on for year-long contracts and renegotiating them ruthlessly. It's a tactic that has given Cowell mansions in Beverly Hills and London's Holland Park, a Rolls-Royce Phantom for his chauffeured ride, and a Bugatti Veyron as his sporty little runabout.

Somewhat related, CNN ran a story recently estimating what TV characters would earn in real life — a subject I find endlessly fascinating, since the first blow a show's credibility usually takes comes in the form of questions like "and she can afford to live in that apartment on her salary?" Based on statistics mostly sourced from CareerBuilders.com, CNN guessed that Michael C. Hall's Dexter Morgan, serial killer by night, pulls in $47,680 a year as a police forensics expert, less than Julia Louis-Dreyfus' gym owner on The New Adventures Of The Old Christine ($55,201).

What was really interesting was the salary of Don Draper on Mad Men, earning $41,379 as an advertising creative director, adjusted for inflation, from which he can comfortably be his family's sole breadwinner. He'd need to earn at least three times that much today to do barely better, which is a testament to the steady but wild rise of both real estate and real consumer goods prices in the last 40 years; and we wonder why he's the one who drinks too much?

Rick McGinnis writes about music, movies, books and television, but not opera.

Use the tools at your disposal

HineSight

I want to discuss two serious and interrelated issues facing Canadians today.

The federal election and bad squirrel behaviour.

The more pressing one first. Squirrels.

Yesterday, I decided it would be pleasant to take a chair into my tiny city backyard, place it under a shady tree and drink a cup of coffee. On the grand scale of "wild and exotic ways of pursuing happiness," this didn't strike me as setting the bar too high.

Election 2008

Chair placed, coffee in hand I was enjoying the quiet, admiring the glitter of sunlight through leaves, when a ruckus began overhead. A squirrel was hanging sideways from a limb, chattering noisily at me.

A mangy black squirrel. Spiky fur. Bulging eyes. A squirrel equivalent of Mick Jagger. Making more fuss than Stephen Harper at a subsidized arts event.

Unfazed by the criticism and complaining, I've raised teenagers after all; I continued to enjoy the fall sunshine. Eventually the thing gave up and went away.

Five minutes later, I was hit squarely on the top of my skull by a chestnut.

The squirrel was perched above, peering down, disappointment spread across its little face that I wasn't gone or dead or both.

I stood up and shook a fist. The squirrel decamped to a far branch. I returned to my coffee, telling myself smugly that brawn will always beat brains.

Trying not to think too hard where that placed me, or the squirrel.

Then, a rustling in the tree above. The squirrel peed on my head.

Wherever you go in this vast, diverse world, there are a few gestures that are universally understood. A smile means friendship. A frown indicates sadness.

And I would add to that, peeing on someone's head almost always means, "In your face."

In the battle for ownership of the five-foot patch of grass in my backyard, the score was squirrel: 1, human possessing traits which make her the master race, such as opposable thumbs and credit cards: 0.

I got up, walked with no dignity whatsoever back into the house and took four successive showers.

Which brings us to the federal election. Really.

Getting what you want in life doesn't always come down to how big you are.

Sometimes, the key is being smart enough to make use of every tool at your disposal. So today I, for one, am going out to vote. And then, I'm buying a hard hat.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Top Model struts into spinoff

REALITY TV The CW is spinning off its hit reality series America's Next Top Model.

The network has ordered a pilot for Operation Fabulous, starring Top Model regulars Jay Manuel and J. Alexander and executive produced by Top Model chiefs Tyra Banks and Ken Mok.

On Fabulous, Manuel and Alexander will travel the country giving women makeovers. **REUTERS**

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OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/14/08	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		East West 101 (N)		Chinese School (Part 4 of 5)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Birthmarks" (N)		Decision 2008	Decision Canada 2008 The federal election. (Live)			
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (HDTV) (N) (SC)		Élections Canada 2008: le choix (N) (SC)				
	209	342	6	CHRO	Robson Arms	TMZ (N)	Fringe "Power Hungry"		Election 2008 Federal election. (Live)				
	196	311	7	CTV	Hollywood	etalk	Criminal Minds		Election 2008 The results of the federal election. (Live)				
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	CBC News Special "Canada Votes 2008" (HDTV) Federal election. (Live)				
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser: Families (N)				Law & Order: SVU		News (N)
	117	713	10	TVA	Occupation	Vidéos	À comm	À comm	Les Federales 2008 Animé par Pierre Bruneau et Claude Charron. (N)				
	-	-	11	QS	Beauté	Loft Story	Génération séduction		La Verité choc		Cent dix pour cent (SC)		Loft Story
	137	763	12	TFO	Panorama		Canada	Villages	*Le Beau Serge* ★★★ (1958, Drame) Edmond Beauchamp.				Carnets d'ex
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Heartland" (N)		The Mentalist (HDTV) (N)		Without a Trace (N)		Two/Half Men
	216	395	14	OMN2	Cold Case		News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Opportunity Knocks (N)		CityVote 2008 (Live)				
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Knight Rider		Decision 2008	Decision Canada 2008 (Live)			TBA
	-	361	20	ABC	News (N)	Entertainment	Opportunity Knocks (N)		Dancing With the Stars		(10:02) Eli Stone (N)		News (N)
	512	396	24	CPAC	Revue Politique		L'Heure politique		Sur la piste électorale		Sur la piste électorale		Tournée
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Birthmarks" (N)		Fringe "Power Hungry"		News (N)		News
	-	-	64	PBS	Business Rpt.	Whiz Quiz	Nova (HDTV) (N) (DVS)		Frontline "The Choice 2008" (N) (DVS)				Tavis Smiley
	205	312	104	CTV	Hollywood	etalk	Criminal Minds		Election 2008 The results of the federal election. (Live)				
news	502	390	26	NW	CBC News: Around the World		Canada Votes: Your Turn		CBC News Special "Canada Votes 2008" (HDTV) Federal election. (Live)				
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	MLB Pregame	MLB Baseball American League Championship Series Game 4 -- Tampa Bay Rays at Boston Red Sox. (Live)							Sportsnet Con.
	126	730	28	RDI	Élections Canada 2008 "La Soirée"				Élections Canada 2008 "Le Choix"				
	400	280	30	TSN	SportsCentre	That's Hockey!	2008 World Series of Poker		NHL Pregame	NHL Hockey Colorado Avalanche at Calgary Flames.			
	410	403	52	SCR	Cabby Unlimit	Stump-Schwab	World Series of Poker		Poker: Canadian Open		Score Tonight		Hockey Talk
	411	457	56	OLN	Ed's Up	Videos	Survivorman		Angry Planet	Flying Doctor	Don't Forget Your Passport		Pilot Guides
	417	406	59	SC	Pinks (HDTV)	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
family	554	544	48	TEL	George-Jungle	Scooby-Doo	Scooby-Doo	6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	557	540	51	FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	570	580	29	MM	mmmtop	Where You At	Fabulous Life Of...		Listed		Don't Forget the Lyrics!		Party of Five
cable variety	615	520	31	A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner (N)		The Cleaner
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: NY "Admissions"		UFC Unleashed		UFC Unleashed		MANswers
	521	560	34	TLC	Things Removed From Body		A Life Half Full (HDTV)		Mystery Diagnosis		Dr. G: Medical Examiner		A Life Half Full
	145	761	35	TV5	Toute une histoire		Pékin express: la route de l'Himalaya			Humanima	A communiquer		Journal TV5
	616	521	39	SHO	About a Girl	About a Girl	The Best Years (DVS)		Testees	Trailer Park	The Shield		House
	620	523	40	BVO	Desperate Housewives		Live at the Rehearsal Hall		Life & Times		Celtic Roots	Numus	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Destroyed	Mighty Ships "Faust"		Daily Planet
	575	583	43	CMT	Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Cheerleaders
	601	562	45	SLC	End of Leash	ET Canada	Wedding SOS	In Laws	Rich Bride, Poor Bride		Tori & Dean: Home		Wedding SOS
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	S. Silverman	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*Guess Who* ★★ (2005, Comedy) Bernie Mac.				Steve Harvey	Family Guy	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	627	528	50	SPC	Lost "Born to Run"		Star Trek: Next Gener.		Battlestar Galactica		Rabbit Fall	The Circuit	Stargate SG-1
	581	566	53	MTV	Busted-Girls	After	MTV News	Cribs	Making the Band 4		Paris Hilton's My New BFF		MTV Live
	618	524	54	TROP	Beverly Hills, 90210		Planet Soap	What Happen?	Family Guy	Seinfeld	Seinfeld	King	Family Guy
	522	506	55	HIS	NCIS "Eye Spy"		Outlaw Bikers		Ax Men		NCIS "Eye Spy"		Crime Stories
	129	773	60	CD	Biographies		Mayday (HDTV)		Images-chocs		Un tueur si proche (HDTV)		Cent pourcent
	261	394	61	V	Murder, She Wrote		Bless-Father	On the Buses	Quantum Leap		A Day of Thanksgiving		MythQuest
	602	567	62	W	Will & Grace	Friends	Three Fat Brides		Style by Jury	Style by Jury	How to Look Good Naked (N)		Maxed Out
	269	350	70	APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show		TMZ (N)	etalk	The Tonight Show-Jay Leno		Paris Hilton's My New BFF (N)		TMZ
	603	561	95	FN	The Main	Chef at Home	Restaurant Makeover		The F Word		Chef School	At the Table	Restaurant

critics'corner

Testees
They could have called it "Guinea Pigs," but that wouldn't be as appealing to viewers' inner 12-year-olds. This new sitcom from Kenny Hotz ("Kenny vs. Spenny") stars Steve Markle and Jeff Kassel as roommates who have found an alternative to working for a living: They get paid to test medications, personal care items and other products. Side effects may occur — and they do, with hilarious results. 9 PM on 39 SHO

Outlaw Bikers
They prefer the distinction "motorcycle club," not "gang," thank you very much. This new series uses stock footage, dramatic re-creations, and interviews with bikers and police officers to give viewers a peek inside the Hells Angels and their rival club, the Mongols. Among other stories, it recounts the adventures of Billy Queen, an agent for the U.S. Bureau of Alcohol, Tobacco and Firearms who spent years under cover as a member of the Mongols. 1 PM on 55 HIS

Daisy bouncing back

Daisy De La Hoya may have had her heart broken in the season finale of Rock of Love 2, when Poison frontman Bret Michaels picked Ambre Lake, but the former exotic dancer is getting back in the game on a new VH1 show called Daisy of Love, premiering in the spring. PEOPLE.COM

Celebrity Buzz

Twin bundle of joy for Lisa Marie

MOTHERHOOD Lisa Marie Presley and her husband Michael Lockwood welcomed twin girls last week, People.com reports.

"The babies and mom are happy and healthy and resting at home," rep Cindy Guagenti tells People.

The baby girls were delivered by C-section at 2:46 p.m. and weighed in at 5 lbs., 15 oz. and 5 lbs., 2 oz.

The singer, 40, had said on her MySpace page before the babies were born that she and husband Michael Lockwood, 47, were "beyond thrilled and blessed, elated and saturated in happiness."

The girls are the first children together for Presley and Lockwood, a musician. Presley, who proudly displayed her baby bump in the September issue of Marie Claire, has daughter Riley, 19, a model, and Benjamin, 15, with ex-husband Danny Keough.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

J. Lo, Anthony renew their vows Vegas-style

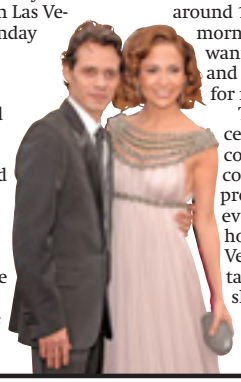
MARRIAGE More than four years after saying I do, Jennifer Lopez and Marc Anthony secretly renewed their vows in Las Vegas early Sunday morning, People.com reports.

Witnessed by two friends, the duo renewed the vows at Caesars Palace's Forum Tower Penthouse at 3:15 a.m., a rep for the hotel confirmed to People.

"It was totally a spur of the moment thing," a source said. "They decided around 12:30 in the morning that they wanted to do it and started calling for ministers."

The renewal ceremony comes after the couple spent the previous evening club-hopping in Las Vegas and taking in a show.

METRO NEWS SERVICES



Moss and musician back on again

COUPLES Supermodel Kate Moss has rekindled her romance with rocker Jamie Hince just two weeks after they split, imdb.com reports. The couple reportedly called off their romance last month in an alleged argument over Moss' party-loving lifestyle and her desire to have another baby. But Moss was spotted enjoying a lunch date with The Kills star in upmarket London department store Selfridges on Friday — their first appearance together in public since their breakup. "They've sorted their problems and are as happy as they've ever been. They have been back together for a good week or so," a source close to the pair says.

METRO NEWS SERVICES

Aniston happy being single

PEOPLE Jennifer Aniston is happy being single, femalefirst.co.uk reports. The former Friends star — who split from musician John Mayer in August — has recently been linked to actors Leonardo DiCaprio and Gerard Butler, but friends insist she is happier being alone.

"Jennifer is not just looking amazing, she's feeling amazing," a friend said. "She's very content right now. She would much rather be on her own than trapped in a miserable relationship with someone who is wrong for her."

The actress turns 40 next year and her friends say she is excited about getting older. "Rather than dreading it, she sees it as a thing to celebrate and be proud of, not scared about," the friend added.

METRO NEWS SERVICES

Mendes: No children, please

PEOPLE Eva Mendes doesn't want to have children, femalefirst.co.uk reports. The 34-year-old actress admits she has no desire to start a family with boyfriend George Gargurevich. "I'm just not that girl who dreams about being a mom. That's a real commitment and a whole lifestyle change," she says.

Mendes also shared her secret to escaping paparazzi. "Don't date other actors. That's the big secret," she says. "If you are famous and you date someone famous, you're screwed."

METRO NEWS SERVICES

celebrity briefs

Farrell: Booze almost killed me

PEOPLE Colin Farrell says drinking almost killed him, femalefirst.co.uk reports. "I'd been drinking since I was 14," he says. "At the beginning of recovery I found it really hard. For me there was no choice. It was tough, but I was dying. I was struggling not to have a complete meltdown. I'm glad I'm out of that cycle, I'm very lucky."

Hockey was her first love

SPORTS Alanis Morissette can be tough in her music, but imagine her on skates with a stick, People reports. "I've been a hockey fan since I was fresh out of the womb," Morissette tells NHL.com. "I played street hockey a lot," the singer says.

Paris delays deplaning

VANITY Paris Hilton has taken vanity to jumbo levels, the Daily Mirror reports. The socialite refused to get off her flight when it landed in London last week, insisting she had to do her makeup. "Every other passenger had got off the aircraft but she stayed, telling staff she couldn't be seen in public until she had decided on her outfit," an airport source said. After the effort, the source said: "Paris was red-faced as she came through the airport pretty much unnoticed."

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Jennifer Lopez and Marc Anthony have "secretly" renewed their marriage vows. It was 'secret' in the sense that nobody cares about them, or her butt, anymore. It is not reported whether they also renewed their respective divorce decrees. You'd have to ask Cris Judd, and assorted others, about that one. Sounds like it was a very special evening. Nothing says 'eternal love' like vow renewal in the middle of the night at Caesar's Palace's penthouse. If I'm Marc Anthony, I might think twice about summoning a man of the cloth at three in the morning. The minister's likely to take one look at Marc's ghoulish pallor, splash him with holy water and drive a stake through his heart. But hey, it was Vegas. I'm sure the good reverend was an Elvis impersonator first and foremost. If you're reading this and thinking, "Who cares?" you're not alone. JPez seems increasingly desperate lately to reinvent herself as a triathlon-competing, twin-mothering everywoman. I sense a desperation, multi-pronged publicity grasp in her future. In March, she will shave her head and run the Boston marathon wearing a pregnancy rumour-generating billowy blouse and hip waders, then set fire to Ben Affleck's childhood home while screaming "I'm still, I'm still Jenny from the Block!" You read it here first.

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Thursday Showers 40% 14° / 2°
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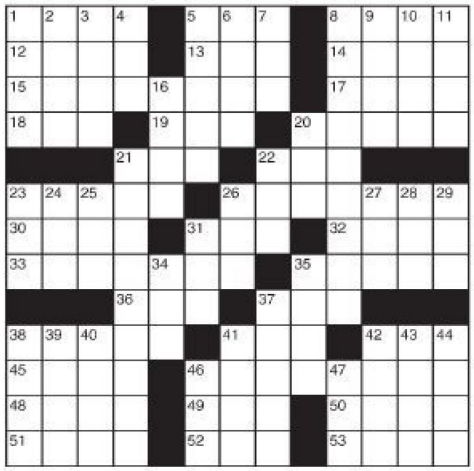

Crossword across

1 Help a felon
5 Witnessed
8 Korean War movie
12 Went on horseback
13 Hasten
14 Chills and fever
15 Periodical
17 "Inconvenient Truth" teller?
18 Pig's home
19 Frequently, in verse
20 Christmas-tree topper, maybe
21 Witticism
22 TV lawyer Stone
23 Coffee additive
26 At a loss
30 Bjorn of tennis
31 Shack
32 Tittle
33 Sports arena
35 Eightsome
36 Rd.
37 Commotion
38 Jerry Herman heroine
41 Expert
42 Taste the wine
45 Foil cousin
46 "Golconda" painter René
48 Set down
49 Past
50 Crazy
51 Otherwise
52 Corral
53 She played Lili Von Shtupp

Crossword down

1 Weaponry
2 Ocean vessel
3 Tense
4 Chamomile, for one
5 Work hours
6 "— We Got Fun?"
7 Teensy
8 Venetian noble
9 Enthusiastic
10 Foolproof
11 Shoe part
16 Speed
20 TV alien
21 A Biblical Mary
22 Chow down
23 Couric's employer
24 Deterioration
25 Epoch
26 Vagrant
27 Parcel of land
28 Schedule abbr.
29 Pop
31 Coloration
34 Wall climber
35 Smell
37 Inert gas
38 Strike from the text
39 October birthstone
40 Oahu souvenirs
41 Senate staffer
42 Old portico
43 Reason to scratch
44 Laborer
46 Chart
47 Sort

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6		2			
7	1						8	9
	2			1		3		
	5		1	6				2
		2				1		
8				9	3		6	
		4		2			9	
1	3						2	4
			5		4			7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

5	2	7	8	1	6	3	4	9
9	8	4	7	5	3	6	1	2
6	1	3	9	4	2	5	8	7
4	3	9	6	2	1	7	5	8
7	6	2	4	8	5	9	3	1
1	5	8	3	9	7	2	6	4
3	4	5	2	7	8	1	9	6
2	9	6	1	3	4	8	7	5
8	7	1	5	6	9	4	2	3

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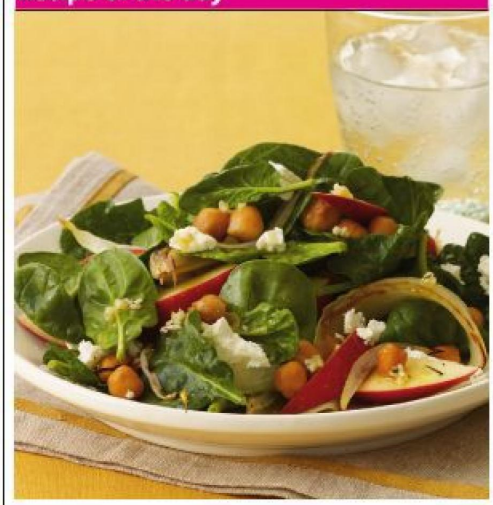
SUDOKU SOLVE TIME:

Under 13 min .....Genius
13-17 min .....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min .....Keep practising

Recipe of the day



Spinach Salad with Chickpeas

INGREDIENTS:

2 medium onions, cut into 1/2-inch (1-cm) slices
1 can (19 oz/540 ml) chickpeas, drained, rinsed, and patted dry
1/4 cup (50 ml) lemon juice
2 tbsp (25 ml) flaxseed oil
1 tbsp (15 ml) olive oil
1 clove garlic, minced
1/2 tsp (2 ml) salt
1/4 cup (50 ml) crumbled feta cheese
1 package (7 oz/198 g) baby spinach
2 apples, cored and sliced
2 tbsp (25 ml) ground flaxseed

METHOD:

1. Preheat oven to 400°F (200°C). Coat baking sheet with olive oil cooking spray. Add onion slices and coat each with spray. Roast for 10 minutes. Add chickpeas and roast until onions are tender and browned, 10 minutes.
2. Meanwhile, in a measuring cup, whisk together lemon juice, flaxseed oil, olive oil, garlic, and salt. Stir in cheese.
3. Place spinach in a large bowl and toss with onions, chickpeas, apples, and flaxseed. Drizzle with vinaigrette.

PER SERVING:

292 calories, 9 g protein, 37 g carbohydrates, 10 g fibre, 14 g total fat, 3 g saturated fat, 8 mg cholesterol, 476 mg sodium

SERVES 4

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For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!
Reader's Digest

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A health check has an impact on decisions. A dangerous guy gets ahead with a flash of insincerity. Someone wants to have a good cry.

TAURUS
APRIL 21-MAY 21
Have a strong plan to gather your scattered thoughts. If you're not certain — say so. Shun self-indulgent desserts tonight.

GEMINI
MAY 22-JUNE 21
Missing a deadline will cause meaningless anguish. Pay attention to cryptic comments. Cheer up a clever but forlorn person.

CANCER
JUNE 22-JULY 22
Be sympathetic with arrogant people. A ruffian is revealing secrets and lies. Plans must be exposed in a thrilling statement.

LEO
JULY 23-AUG 23
Remain calm if an argument develops. An enemy will back down. Pay attention to oncoming vehicles.

VIRGO
AUG 24-SEPT 22
A mediator inspires a spectacular uproar. A solution isn't what it seems to be. Try to explain the rationale behind a weird choice.

LIBRA
SEPT 23-OCT 23
Be patient and show someone how to get a life. Intimacy develops with those who know the truth. Financial plans will disturb a romance.

SCORPIO
OCT 24-NOV 22
An adversary returns from the middle of nowhere. Prepare to do battle with unreasonableness. A disagreement causes distress and dismay.

SAGITTARIUS
NOV 23-DEC 21
A big shot will be tolerated today. Don't rush in where angels fear to tread. Tranquility will feel peculiar after dark.

CAPRICORN
DEC 22-JAN 20
Someone's bitterness at night is puzzling. Depart from the norm to find a solution. Pay attention to silly complaints and tricky situations.

AQUARIUS
JAN 21-FEB 18
Rely on your wits to stop a ridiculous prankster. Don't risk a sleepless night with an anxiety marathon. Take deep breaths if you're nervous.

PISCES
FEB 19-MARCH 20
A pessimistic pattern emerges after a chat. Free a miserly person from a guarantee. You can survive without an intolerable individual.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Doesn't have car-polishing material (1)
2. Buddy's teeth-holding tissues (1)
3. Battle the conservatives politically (1)
4. Gives aid to swimmer Michael (1)
5. Sorcerer's iguanas (2)
6. Evading being jounced on a bronco (2)
7. Ceremonial procedure usualness (4)

ANSWERS
1. LACKS WAX 2. CHIMES GUMS 3. FIGHT RIGHT 4. HELPS PHELPS
5. WIZARDS LIZARDS 6. DODGING BUCKING 7. FORMALITY NORMALITY

This day in history

OCT. 14, 1789: George Washington proclaims the first Thanksgiving Day.
OCT. 14, 1834: In Philadelphia, Whigs and Democrats stage a gun, stone and brick battle for control of a Moyamensing Township election, resulting in one death, several injuries, and the burning down of a block of buildings.
OCT. 14, 1912: While campaigning in Milwaukee, Wisconsin, former president Theodore Roosevelt is shot by saloonkeeper John Schrank. With a fresh flesh wound and the bullet still in him, Roosevelt still delivers his scheduled speech.

METRO NEWS SERVICES

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